

ABSTRACT OF THE DISCLOSURE

A toner includes a resin and a colorant; wherein the toner is obtained by carrying out a step of salting-out/fusing resin particles and colorant particles in a water-base medium, the toner satisfying the following relationship: $0.88 \leq F_{25}/F_{50} \leq 1.0$, where F_{25} represents an adhesive stress at a toner temperature of 25 °C, and F_{50} represents an adhesive stress at a toner temperature of 50 °C.